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ABSTRACT

Based on years of work with adults with Attention Deficit Disorder (ADD), this book provides an overview of ADD in the workplace and suggestions for ADD-affected persons to manage their careers. The book's 15 chapters cover the following topics: (1) ADD in the Workplace: An Overview; (2) Seeking an Adult ADD Workplace and Career Assessment; (3) Taking Charge of Your ADD: Job Performance; (4) Taking Charge of Your ADD: Social Skills; (5) ADD and Learning Disabilities; (6) ADD and Personality Type at Work; (7) Putting the Positive Side of ADD to Work; (8) Success Strategies in the Workplace; (9) An ADD-Friendly Work Environment; (10) The Ideal Boss; (11) Reasonable Workplace Accommodations; (12) Alternatives to a "9-to-5" Job; (13) Women with ADD in the Workplace; (14) ADD and the Americans with Disabilities Act; and (15) Achieving Success in the Workplace. An ADD workplace questionnaire and a list of 65 references and 52 resources are included. The book is designed in an "ADD-friendly" format that includes a descriptive synopsis at the beginning of each chapter, clear headers, open space, visual stimulation, a clear writing style, a differentiation between straightforward information and illustrative stories, and memorable aphorisms that sum up important ideas. (KC)

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